



Smoky BBQ Chicken & Black Bean Loaded Wedges

Classic 40-45 Minutes • Medium Spice • 1 of your 5 a day

7



Potatoes



BBQ Sauce



Cider Vinegar



Chipotle Paste



Diced Chicken Thigh



Spring Onion



Carrot



Mature Cheddar Cheese



Black Beans



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, lid, grater, sieve, bowl and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
BBQ Sauce	64g	96g	128g
Cider Vinegar 14	15ml	15ml	30ml
Chipotle Paste	20g	20g	40g
Diced Chicken Thigh**	260g	390g	520g
Spring Onion**	1	2	2
Carrot**	1	1	2
Mature Cheddar Cheese** 7	60g	90g	120g
Black Beans	½ carton	¾ carton	1 carton
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	557g	100g	557g	100g
Energy (kJ/kcal)	2720 / 650	489 / 117	2459 / 588	442 / 106
Fat (g)	25.1	5.0	15.0	3.0
Sat. Fat (g)	11.0	2.0	8.0	1.4
Carbohydrate (g)	64.0	12.0	64.0	11.4
Sugars (g)	12.0	2.1	12.0	2.11
Protein (g)	47.0	8.4	49.4	9.0
Salt (g)	2.10	0.40	2.00	0.40

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Finish the Prep

While the **chicken** simmers, trim and thinly slice the **spring onion**. Trim and grate the **carrot** (no need to peel). Grate the **cheese**.

Drain and rinse the **black beans** in a sieve (see ingredients for amount). Pop **half** the **beans** into a medium bowl and roughly mash with the back of a fork.

Once the **chicken** is cooked and out of your pan, add the **black beans** (both whole and mashed) and **carrot** to the remaining **sauce** in the pan.



Start your BBQ Sauce

While the **wedges** cook, put the **water for the sauce** (see pantry for amount) in a large saucepan on high heat.

Add the **BBQ sauce**, **cider vinegar**, **chipotle paste** and a pinch of **salt** and **pepper**. Stir well to combine and bring to a simmer.



Simmer and Stir

Stir everything together, then boil vigorously on high heat until reduced to a thick **sauce**, 4-5 mins. **TIP:** Stir frequently and cook for a bit longer if you need to - you want it really thick!

Once thickened, stir in the **chopped chicken** and simmer for 2 mins, then remove from the heat. Taste and add **salt** and **pepper** if needed.



Add the Chicken

Stir in the **chicken thigh** and bring to a boil, then lower the heat to medium and cover with a lid.

Simmer until the **chicken** is cooked and tender, 15-20 mins, stirring halfway and lowering the heat if necessary.

Once cooked, remove the pan from the heat and transfer the **chicken** to a board with a slotted spoon and roughly chop. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Bake and Serve

When the **wedges** are cooked, transfer them to an ovenproof dish. Spoon the **chicken** and **sauce** on top - **wedges** loaded!

Sprinkle over the **cheese**, then bake in the oven until golden and bubbling, 5-6 mins.

When ready, remove from the oven and sprinkle over the **spring onion** to finish.

Enjoy!